

Packing

Luggage: For this particular trip, you can feel free to bring either rolling luggage or backpack type luggage. Please bring a small daypack or backpack as well for taking items to the clinic and free days, etc. Vida participants are allowed to bring 2 checked pieces of luggage (as long as one is for donations). You must be able to carry your own luggage.

Laundry: Most of the hotels offer a laundry service, but this can be rather expensive. Self-service laundry mats really do not exist in Central America for a variety of reasons. There are no self-service laundry mats in the area where you will be staying. Turnaround time on the laundry can be up to 2 days, so plan accordingly when packing for this trip.

Important items to pack for your Vida Adventure:

- Scrub tops and pants (1 per clinic day)
- Tennis shoes/closed toed shoes for clinics
- 1 towel & washcloth
- Battery operated alarm clock
- Wristwatch that counts seconds
- Day pack/Backpack
- Sunscreen and Bug repellent
- Rain poncho and/or umbrella
- Flashlight and batteries
- Personal products (shampoo, conditioner, soap, razors)
- Dental volunteers should bring goggles or face shields
- Dental and Veterinary volunteers are required to bring scrub hats/skull caps or bandanas to keep their hair back and headlamps
- Stethoscope (Medical and Veterinary) and Blood Pressure Cuff (Medical)
- Rubber boots and work gloves (Veterinary Program)
- TSA approved luggage locks (Vida is not responsible for lost, misplaced/stolen items)
- Minimum of \$200-400 depending on the length of your trip for meals and souvenirs



Some items you may want to consider bringing:

- Camera with extra batteries or battery charger
- Aloe Vera (for sunburn relief)
- Hat and sunglasses, flip-flops and water shoes for shower/beach
- Shorts/ lightweight pants/skirts and shirts
- 1 lightweight jacket/sweater
- Swimming suit
- Antibacterial hand gel
- Journal and pens
- Spanish phrase book or dictionary
- Garbage bag for dirty scrubs/clothes
- Sheets and Travel pillow
- Prescription glasses (may be difficult to wear only contact lenses throughout trip)
- A generous supply of over-the-counter or prescription medicine you are currently taking.
- Motion sickness medications as needed, as items may not be readily available here in Central America.



Bring at your own risk:

- Cell phones
- iPod
- Laptops
- Expensive jewelry
- Anything of sentimental value